

MeCare

Maine's Long-term Care Pre-admission Screening Program



Summary Data
July 2000 – June 2001

Bureau of Elder and Adult Services

MECARE: Maine's Pre-admission Screening Program

Background

- The Medical Eligibility Determination tool, MED, was introduced in 1994 in response to legislation aimed at reducing reliance on institutional care.
- Maine is recognized nationally as one of only three states to use both a uniform assessment instrument and a single, independent agency for performing assessments. The other states are Colorado and Arizona.
- MECARE is the name of the system that includes the electronic version of the MED. The MED allows Maine to collect and analyze information about who requests long-term care services and the kinds of assistance they require. The Department uses this information for quality improvement, consumer education, and to compare consumers across long-term care settings.

Who is Assessed?

- Individuals seeking long-term care services in their home, or who plan to enter a nursing facility, receive an assessment.
- Individuals, or families, may request an Advisory Assessment if they want information about available resources.
- Last year 25,047 assessments were provided to 16,359 persons. Individuals may receive more than one assessment due to change in their condition.

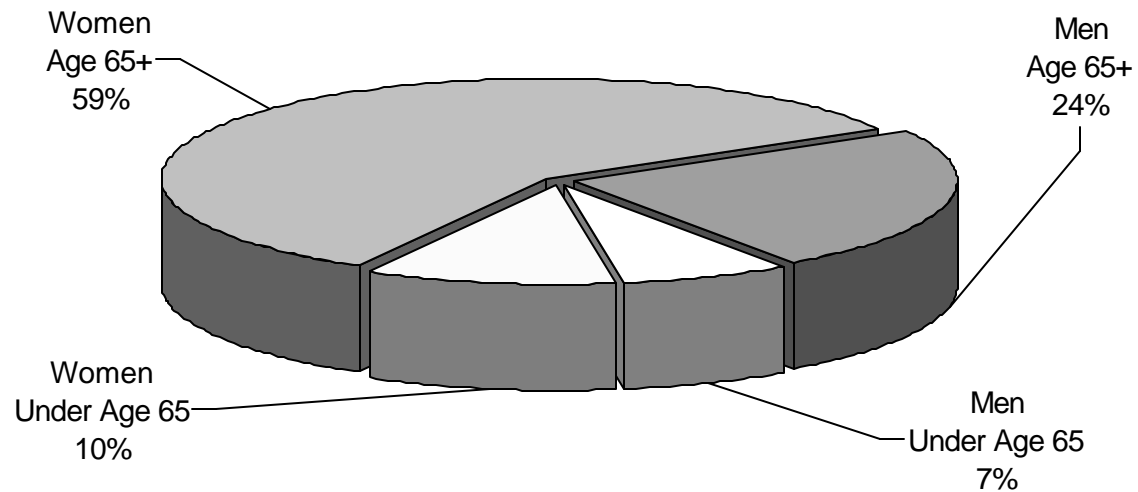
How does MECARE work?

- When someone calls to request an assessment the intake staff ask the caller for information the nurse will need to schedule the visit. For example, are there family members or a guardian who the person may want to be present? MECARE automatically shows if the person has had a prior assessment, or is receiving MaineCare (formerly Medicaid).
- A nurse meets with the person to determine medical eligibility for a variety of home care as well as nursing facility services. Family members often participate in the assessment.
- Most questions include specific definitions and timeframes to provide consistent and objective evaluations of needs statewide.
- Eligibility is determined by reviewing the individual's functional ability and need for support with activities of daily living.
- At the end of the assessment, the nurse gives the person a care plan that outlines available services.

What does MECARE cost?

- There is no charge to the individual for the assessment.
- Maine spent \$331,577,063 on long-term care services last fiscal year. The cost for assessments was \$3,706,956, or one percent of total spending.

Who Receives a Long-term Care Assessment?

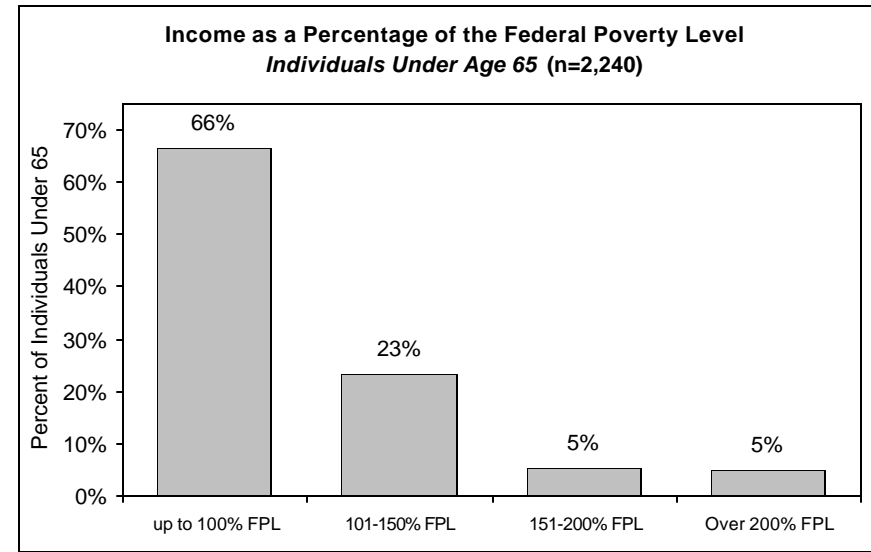
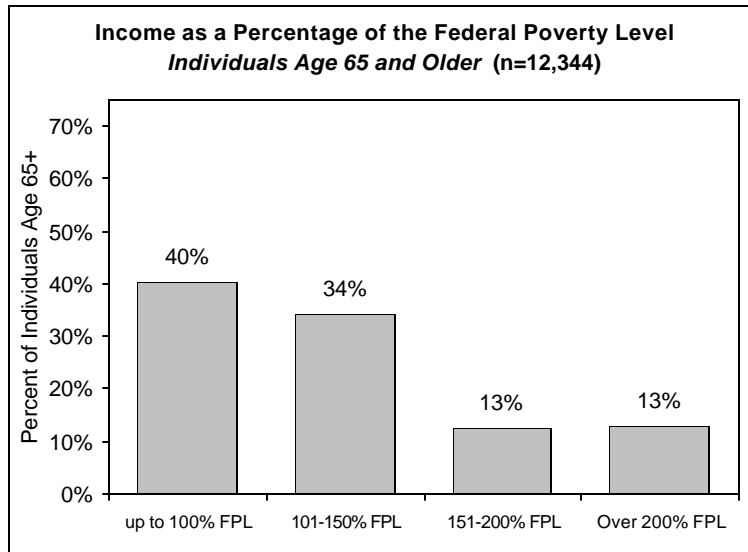


Data
prepared
by Muskie
School

Source: MECARE Data
State Fiscal Year 2001

- ▶ 16,359 persons received 25,047 assessments during the time period July 2000-June 2001.
- ▶ 69% of those assessed are women.
- ▶ 17% of those assessed are under 65 years of age.

What Is the Income of Persons Receiving Assessments?

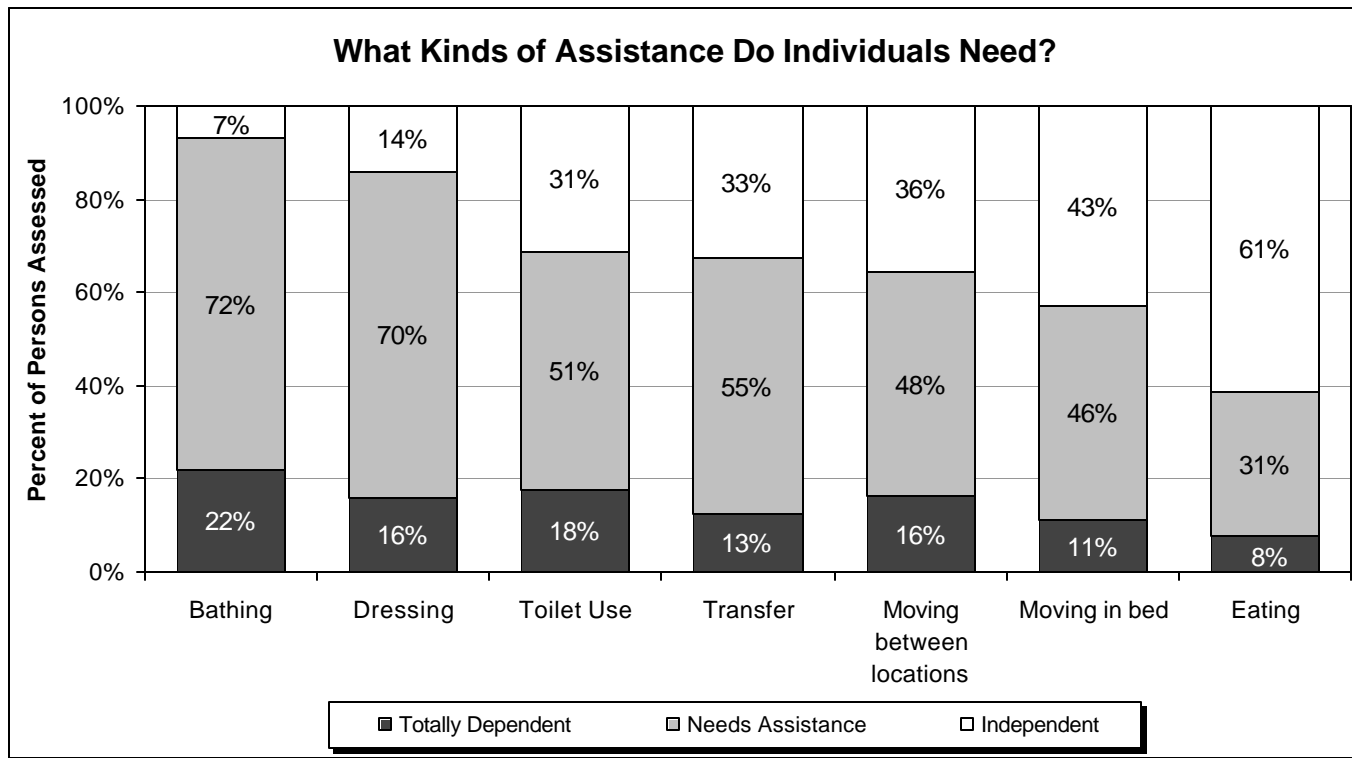


- Among those age 65 and older, 40% have incomes below the Federal Poverty Level (FPL).
- For the younger age group, 66% are below the Federal Poverty Level.
- The Federal Poverty Level for an individual in 2001 was \$716.00 per month.

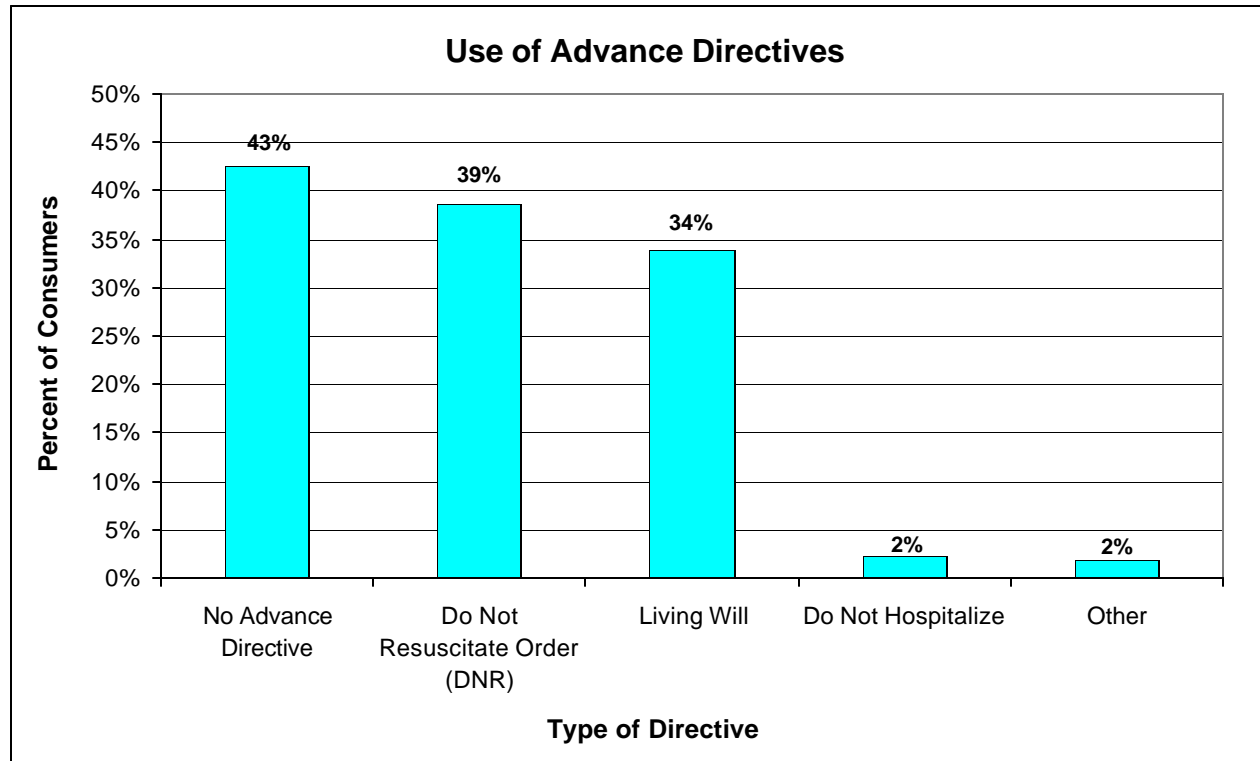
What Are the Primary Health Conditions of Persons Receiving Assessments?

| Top 10 Reported Health Conditions for Individuals Age 65 and Older | | | Top 10 Reported Health Conditions for Individuals Under Age 65 | | |
|---|-----------------------------|--------------------------|---|-----------------------------|--------------------------|
| <i>Health Condition</i> | <i># of Individuals</i> | <i>% Individuals</i> | <i>Health Condition</i> | <i># of Individuals</i> | <i>% Individuals</i> |
| 1Hypertension | 7,221 | 53.6% | 1Depression | 957 | 33.1% |
| 2Arthritis | 5,866 | 43.6% | 2Allergies | 927 | 32.1% |
| 3Alzheimer's & Other Dementia | 5,437 | 40.4% | 3Hypertension | 882 | 30.5% |
| 4Allergies | 4,311 | 32.0% | 4Diabetes Mellitus | 769 | 26.6% |
| 5Depression | 4,216 | 31.3% | 5Arthritis | 747 | 25.8% |
| 6Other Cardiovascular Disease | 3,574 | 26.5% | 6Emphysema/COPD | 478 | 16.5% |
| 7Diabetes Mellitus | 3,544 | 26.3% | 7Anxiety Disorder | 453 | 15.7% |
| 8Congestive Heart Failure | 3,389 | 25.2% | 8Seizure Disorder | 423 | 14.6% |
| 9Cardiac Dysrhythmia | 3,066 | 22.8% | 9Other Cardiovascular Disease | 420 | 14.5% |
| 10Arteriosclerotic Heart Disease | 2,906 | 21.6% | 10Cerebrovascular accident | 373 | 12.9% |

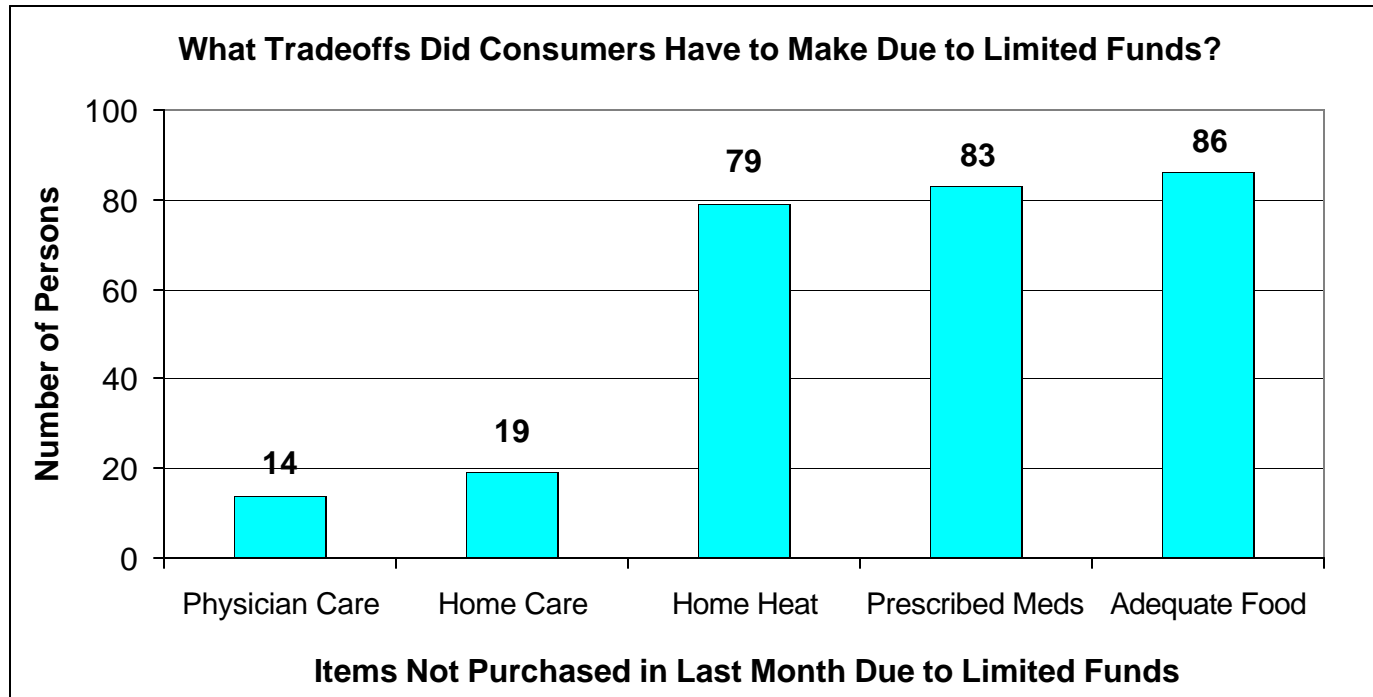
| Top 10 Reported Health Conditions - Women | | | Top 10 Reported Health Conditions - Men | | |
|---|-----------------------------|--------------------------|---|-----------------------------|--------------------------|
| <i>Health Condition</i> | <i># of Individuals</i> | <i>% Individuals</i> | <i>Health Condition</i> | <i># of Individuals</i> | <i>% Individuals</i> |
| 1Hypertension | 5,842 | 51.7% | 1Hypertension | 2,261 | 44.8% |
| 2Arthritis | 5,124 | 45.3% | 2Alzheimer's & Other Dementia | 1,597 | 31.6% |
| 3Allergies | 4,006 | 35.4% | 3Arthritis | 1,489 | 29.5% |
| 4Alzheimer's & Other Dementia | 3,987 | 35.3% | 4Depression | 1,424 | 28.2% |
| 5Depression | 3,749 | 33.2% | 5Diabetes mellitus | 1,394 | 27.6% |
| 6Diabetes Mellitus | 2,919 | 25.8% | 6Emphysema/COPD | 1,269 | 25.1% |
| 7Other Cardiovascular Disease | 2,726 | 24.1% | 7Other Cardiovascular Disease | 1,268 | 25.1% |
| 8Osteoporosis | 2,722 | 24.1% | 8Allergies | 1,232 | 24.4% |
| 9Congestive Heart Failure | 2,624 | 23.2% | 9Cerebrovascular accident | 1,198 | 23.7% |
| 10Cardiac Dysrhythmia | 2,223 | 19.7% | 10Cardiac Dysrhythmia | 1,068 | 21.1% |



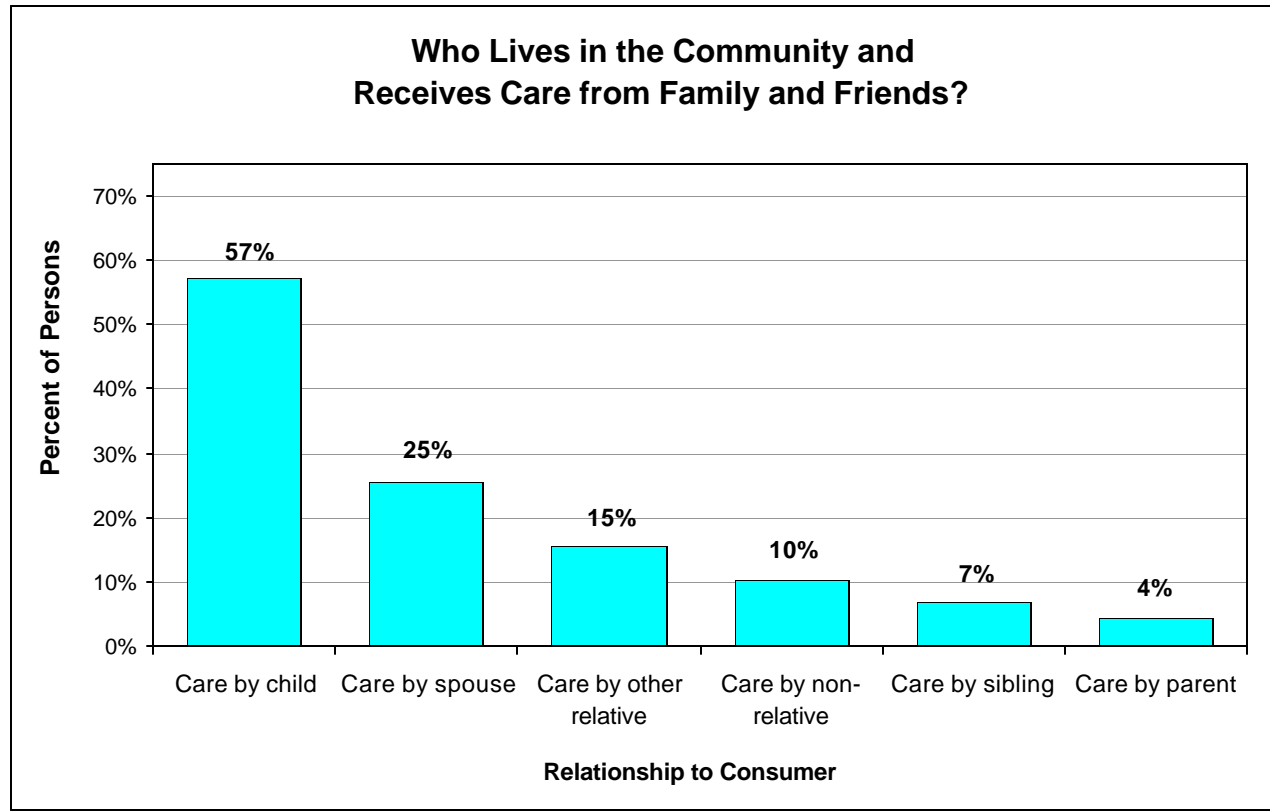
- The amount of help required to do daily tasks is a key factor driving the need for long-term care services.
- People who do not require assistance are represented by the white portion at the top of each column. For example, 14% of persons assessed are independent in dressing.
- The dark sections of the bars indicate persons who are totally dependent on others in performing the activity. For example, 8% of those assessed are totally dependent on others for eating.



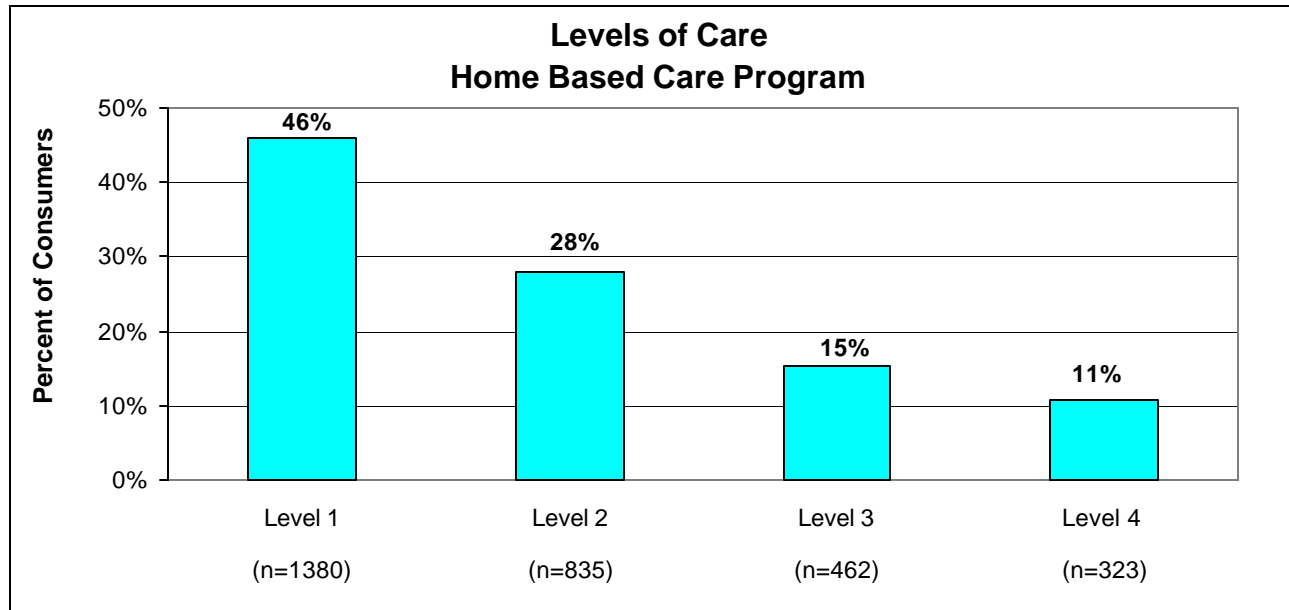
- The total is more than 100% because consumers may have more than one type of advance directive.
- Consumers are encouraged to have an advance directive so that they receive medical care consistent with their wishes.
- Medication and feeding restrictions, organ donation and autopsy request are chosen by less than 2% of those assessed.



- Some individuals report having to make choices in essential purchases due to limited funds.



- 6,938 persons living in the community report receiving care from family or friends.
- Many also receive paid care in addition to care provided by family and friends.
- SPECIAL NOTE: The combined total adds up to more than 100% because some persons receive care from more than one person.



Level 1:

Must need at least limited assistance with 1 Activity of Daily Living (ADL).

Average Monthly Careplan Cost = \$568.00

Level 2:

Must have a nursing need at least once a month and need limited assistance with 2 ADLs.

Average Monthly Careplan Cost = \$693.00

Level 3:

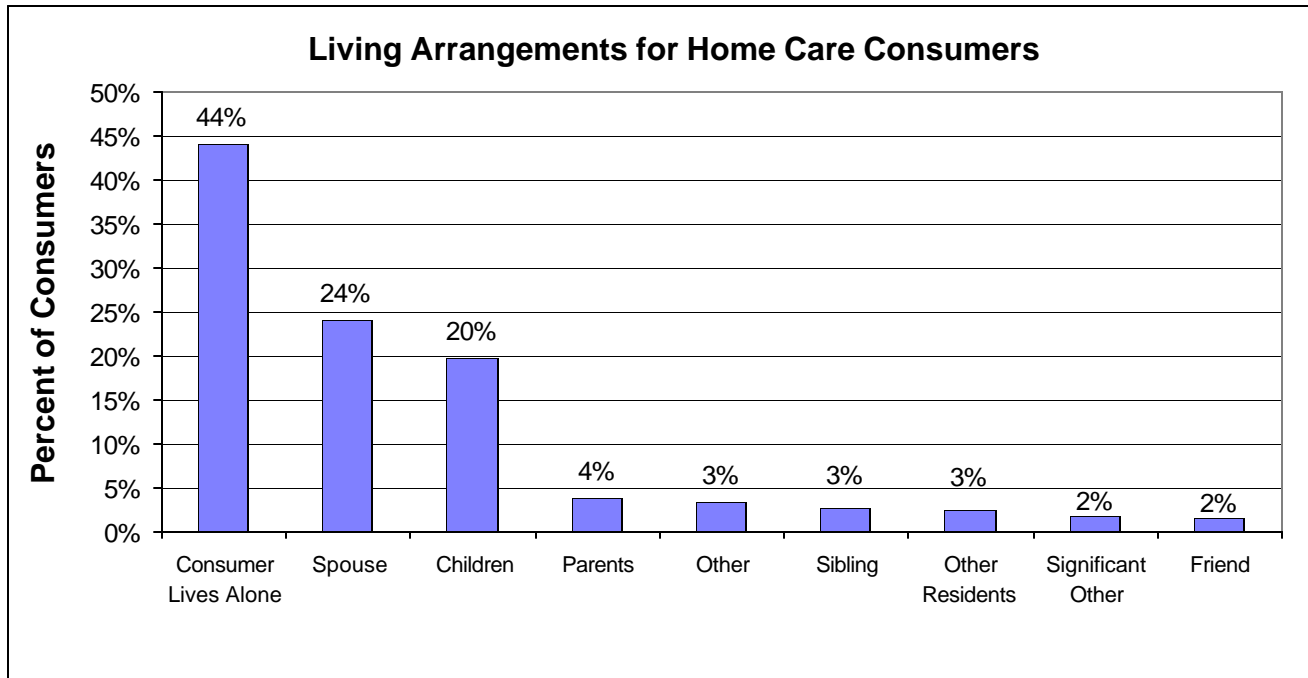
Needs at least limited assistance with 2 ADLs and assistance with at least 3 Instrumental Activities of Daily Living (IADLs).

Average Monthly Careplan Cost = \$1105.00

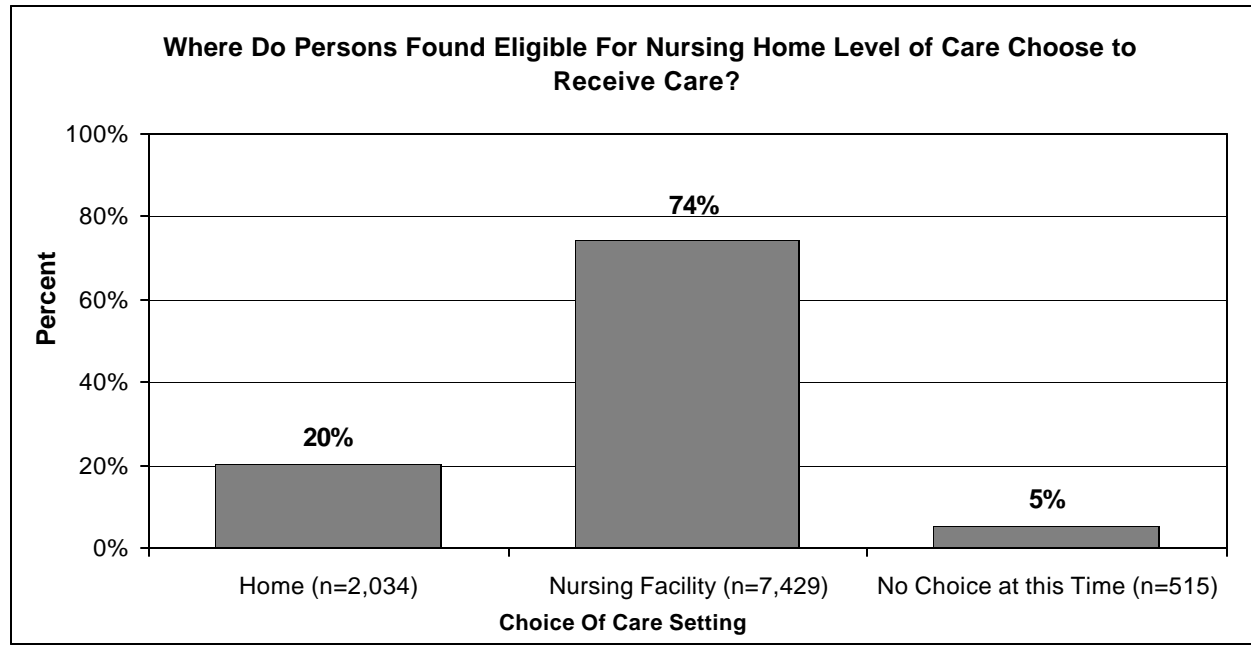
Level 4:

Meets nursing facility level of care.

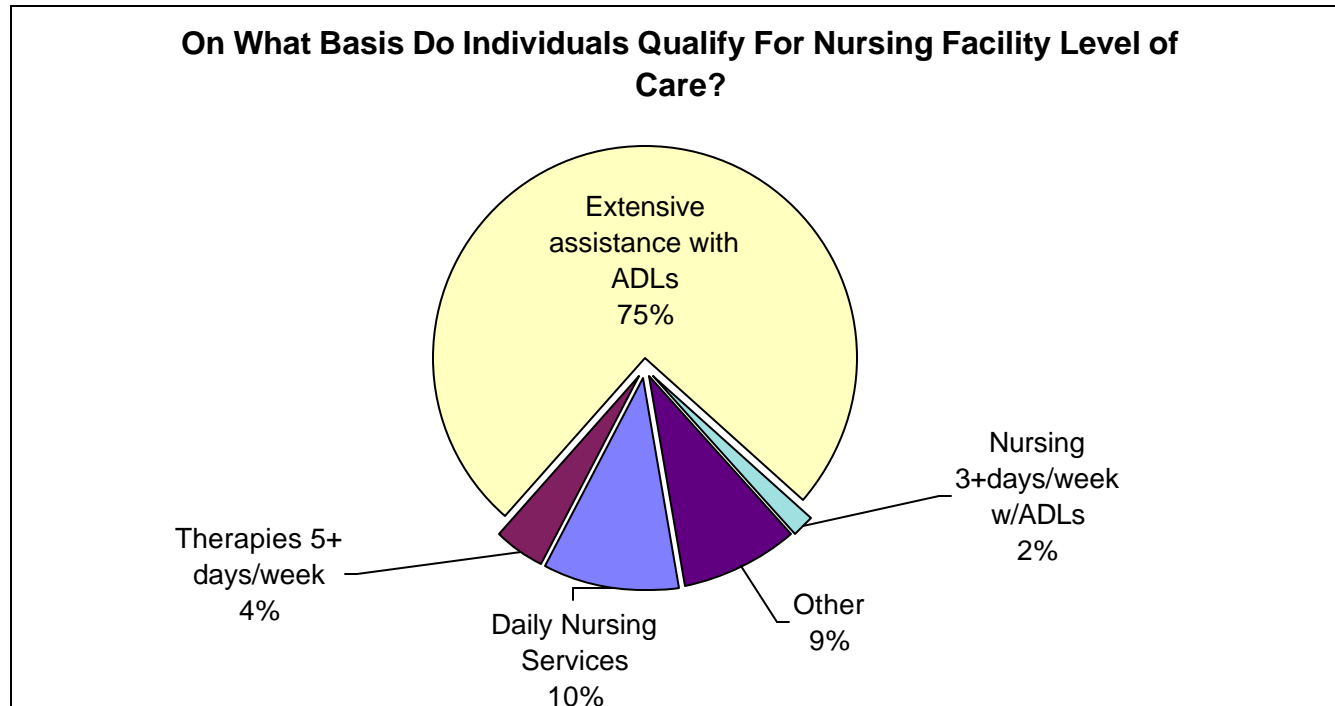
Average Monthly Careplan Cost = \$1754.00



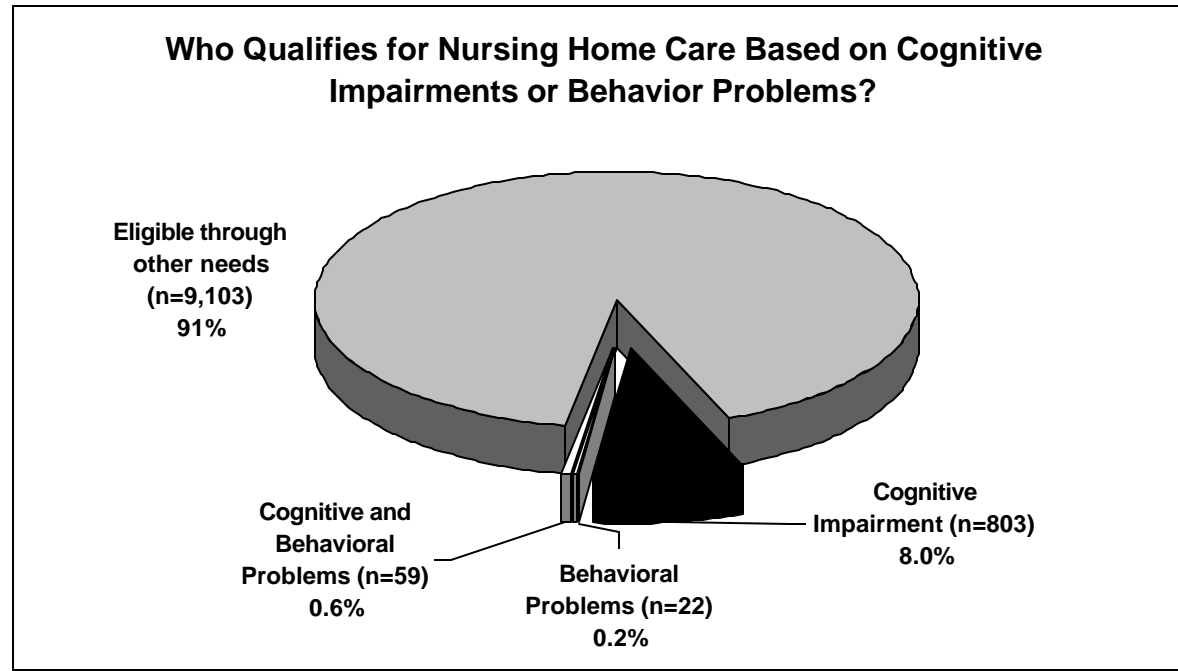
- The total is more than 100% because consumers may live with more than one family member or friend. For example, the consumer may live with their spouse and children.



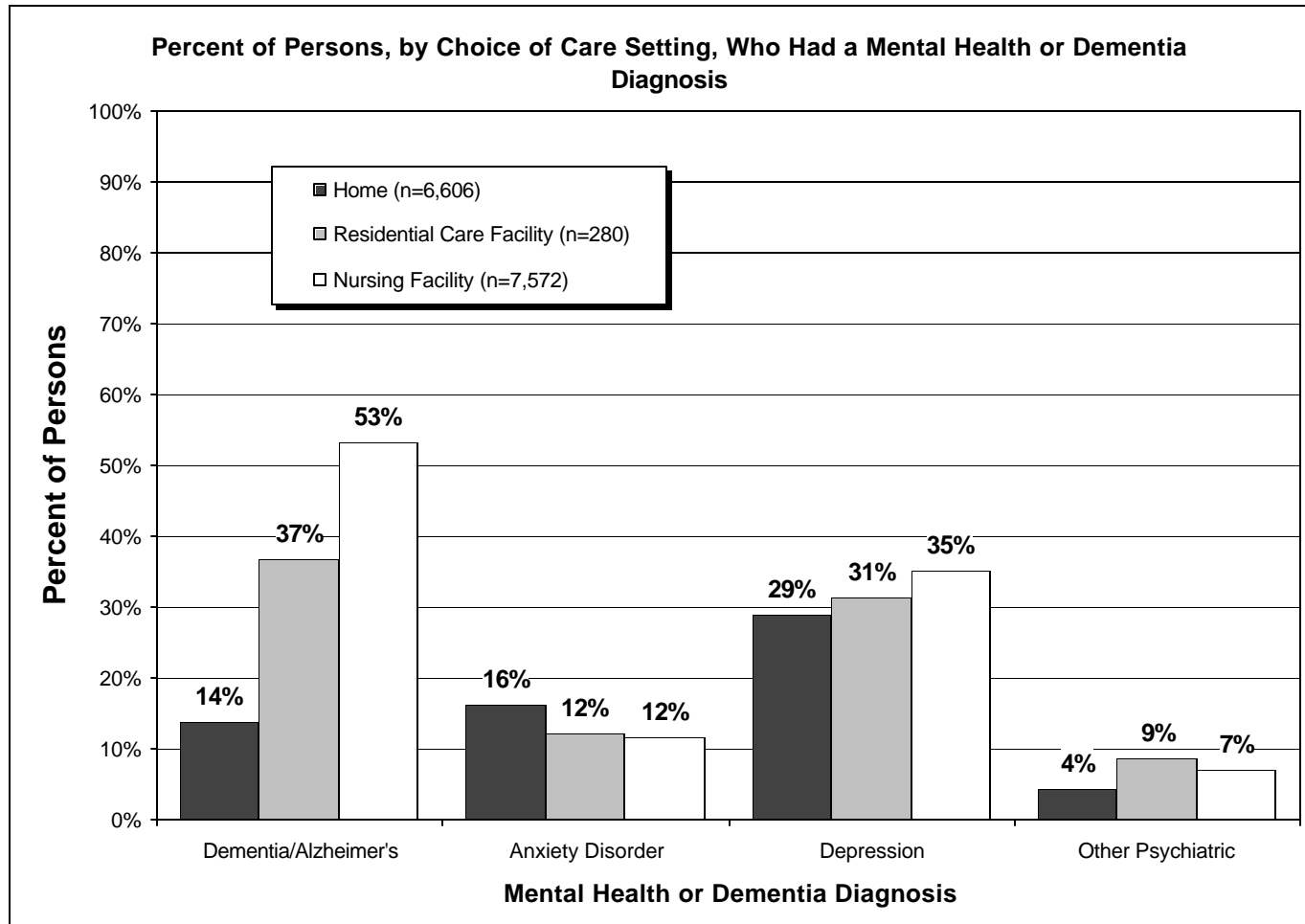
- Of the 9,987 persons found nursing facility eligible, 20% chose to receive care at home.



- 75% of persons are found eligible for nursing home level of care based on the need for extensive assistance with 3 "late loss" activities of daily living (ADLs).
- The category 'Other' includes those found eligible based on cognition and behavior problems.



- 884 persons qualified for nursing facility care based on cognitive impairments or behavioral problems.
- These 884 individuals represent 9% of those found eligible for nursing facility level of care.



- For example, 53% of persons choosing nursing facility care have a dementia diagnosis.
- Reported incidence of depression is comparable across care settings.

Location at Time of Assessment

| | | |
|---------------------------|--------|------|
| Home | 8,041 | 49% |
| Residential Care Facility | 327 | 2% |
| Nursing Facility | 7,554 | 46% |
| Hospital | 420 | 3% |
| Other | 17 | 0% |
| TOTAL | 16,359 | 100% |

Type of Assessment

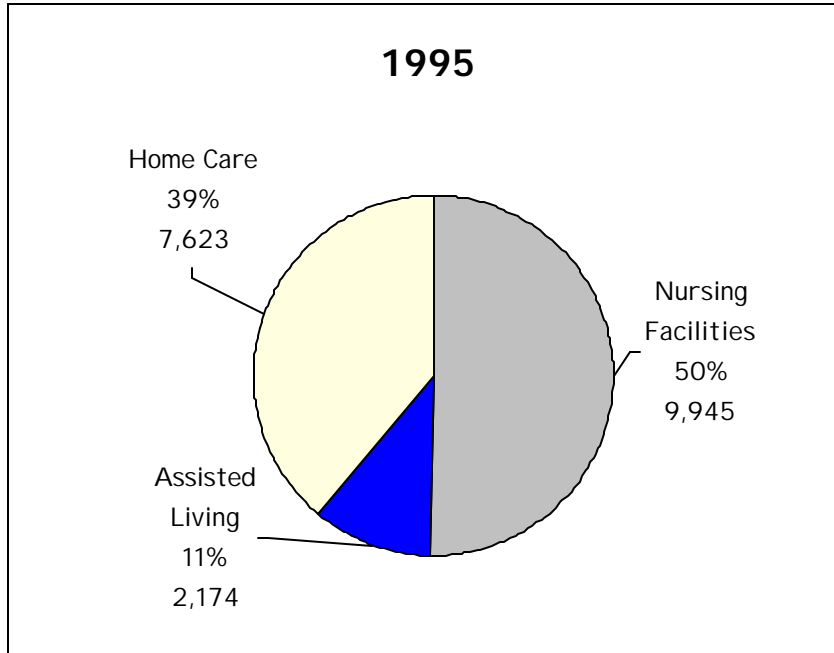
| | | |
|--------------|--------|-----|
| Initial | 12,333 | 49% |
| Reassessment | 12,714 | 51% |
| TOTAL | 25,047 | |

Assessments Resulting in Denial or Reduction in Services

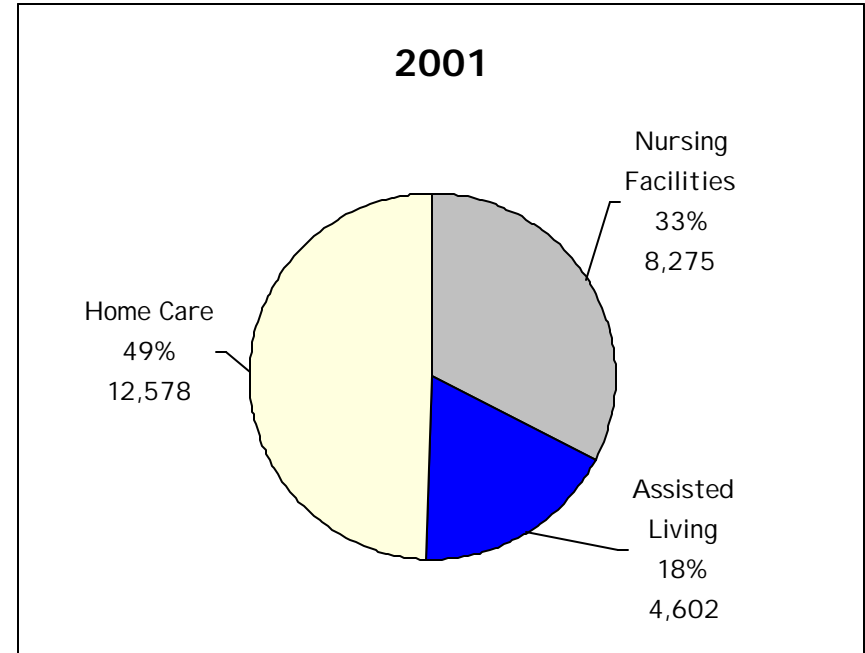
| | Total # Assessments | Denials | Reductions |
|-------------------------------------|--------------------------------|----------------|-------------------|
| Community Assessments | 10,920 | 17% | 8% |
| Nursing Facility Assessments | 10,524 | 7% | Not Applicable |
| Advisory Assessments | 3,603 | 4% | Not Applicable |
| TOTAL | 25,047 | | |

- Denials are often due to a change in level of care.
- For example, a person found eligible for a higher level of care may have their current program denied and be served by another program more appropriate to their needs.
- A person denied Home Based Care may be found eligible for another state-funded program such as Homemaker Services.

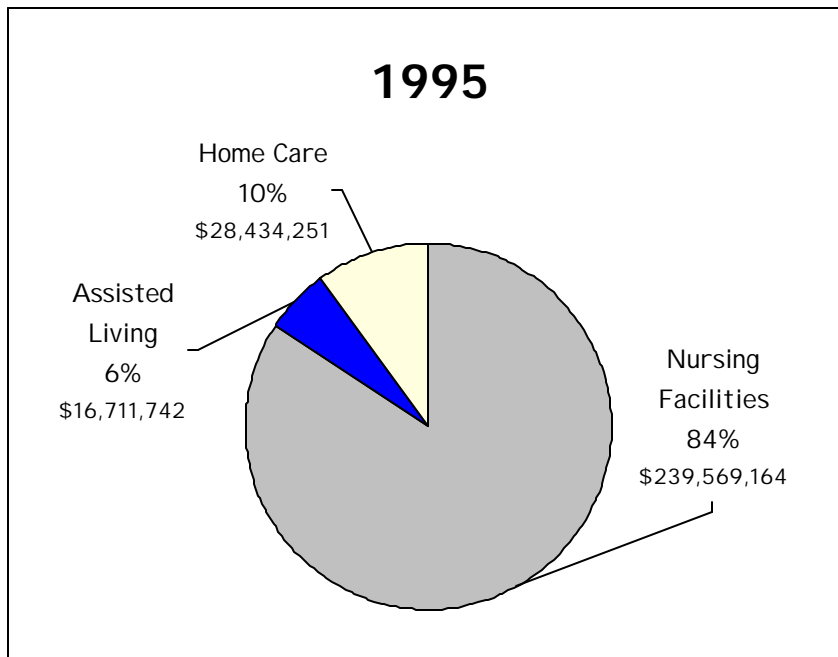
Long-term Care Where are People Receiving Services?



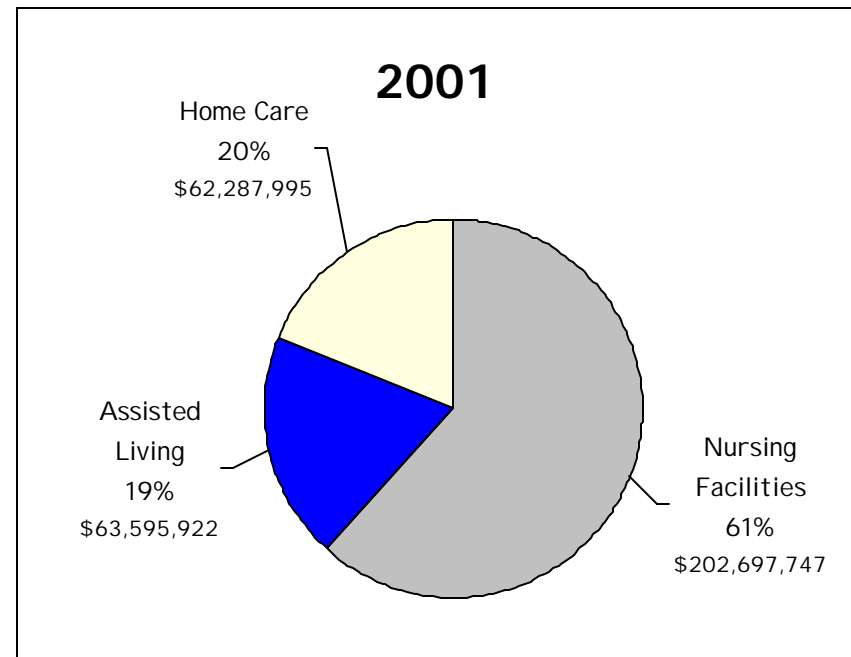
Total Persons Served: 19,803



Total Persons Served: 24,455



Total Expenditures: \$284,715,157



Total Expenditures: \$328,581,664

Note: Home Care for 2001 revised on 2/7/02 due to Private Duty Nursing revision.